



College of Agricultural, Consumer, and Environmental Sciences

Department of Extension Family and Consumer Sciences Profile

Cooperative Extension Service • efcs.nmsu.edu • 575-646-2198



Selected Program Impacts

- **Anna, Age Eight Institute:** Works to prevent adverse childhood experiences (ACEs) and trauma. Sponsors the 100% Community initiative: a countywide data-driven process for ensuring vital services including health care, food and housing security, transportation, parent supports, early childhood learning, community schools, youth mentors, and job training.
- **Self-Management Resource Center Programs:** Research- and evidence-based family of programs that include Chronic Disease Self-Management, Chronic Pain Self-Management, and Tomando Control de la Salud. Grant funded through the NM Department of Health.
- **Diabetes Prevention and Management Programs:** Research- and evidence-based series for adults with prediabetes, diabetes, or those at risk for developing diabetes. Classes available in English and Spanish.
 - **Diabetes Self-Management Program:** Builds skills for daily management of diabetes.
 - **Kitchen Creations:** Teaches how to plan and cook balanced meals.
 - **National Diabetes Prevention Program:** Helps participants make lifestyle changes to promote weight loss.
 - **On the Road to Living Well with Diabetes:** Teaches participants how to better manage glucose levels and reduce complications.
- **Fit Families:** Twelve-week program delivered to families with children aged 5 to 12 years old. Program goals: healthy food choices, increased physical activity, and social and emotional well-being. Workshops: family physical activities, cooking demonstrations, and nutritious meals.
- **Fit for Life:** Four-week program to educate and motivate participants to be active in aerobic and strength training, flexibility, and balance. Participants receive a baseline assessment on strength, endurance, flexibility, and agility.
- **Food and Drug Administration Courses for Food Processing and Food Safety:** Certifications earned by 100 people in these courses: Better Process Control School, Food Safety Modernization Act Produce Safety, and Food Safety Modernization Act Preventative Controls for Human Foods.
- **ICAN (Ideas for Cooking and Nutrition):** Program funded through the United States Department of Agriculture (USDA) in two programs: the Expanded Food and Nutrition Education Program (EFNEP) National Institute of Food and Agriculture (NIFA); and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) from Food and Nutrition Service (FNS); which provide nutrition education to limited-resource audiences in New Mexico. ICAN's mission is to inspire participants to make healthy lifestyle choices. More information at ican.nmsu.edu
- **Managing Stress and Building Resilience:** A 4-part Resilient Mothers, Resilient Children program offered in two counties, and a 4-part Stress and Resilience webinar series offered statewide. Participants (373) increased skills and confidence in using stress management strategies to build resilience.

Quick Facts

EFCS Faculty/Staff:

- Reached over 6,000 stakeholders through community classes, workshops, newsletters, and events.
- Brought in over \$3.45 million in grant funding.
- Steinman Endowed Chair.

Mission Statement

The mission of the Department of Extension Family and Consumer Sciences (EFCS) is to improve the quality of life for the citizens of New Mexico by distributing research-based information on community and environmental health, food technology, nutrition and wellness, personal and family finance management, and family life and child development.

ACES Pillars for Economic and Community Development

Food and Fiber Production and Marketing

Water Use and Conservation

Family Development and Health of New Mexicans

Environmental Stewardship

Foundational Education and Training

Empowering People, Enhancing Lives

Selected Partnerships and Collaborators

- Blue Cross and Blue Shield of New Mexico
- Children's Law Institute
- Comagine Health
- Children, Youth and Families Department (CYFD)
- eXtension Communities of Practice
- Families and Youth, Inc.
- Head Start Programs
- Joslin Diabetes Center
- Jump\$tart Coalition
- Kellogg Foundation
- La Semilla Food Project
- National Child Protection Training Center
- National Endowment for Financial Education
- NM Children, Youth, and Families Department
- NM Chile Association
- NM Citizens Review Board
- NM Department of Health
- NM Food and Agricultural Policy Council
- NM Human Services Department
- Public school systems statewide
- San Juan Regional Medical Center
- Solera Network
- University of New Mexico Health Sciences Center
- U.S. Department of Agriculture/ National Institute of Food and Agriculture
- USDA/Food and Nutrition Services
- Wells Fargo Bank Pecan Growers Association

Selected Program Impacts (Cont.)

- **Master Food Preserver Program:** Statewide program teaching safe home food preservation. Twenty-five participants completed training, providing 257 volunteer hours with a value of \$5,117.
- **Money Matters program:** Statewide financial planning workshops presented to adults and youth. Focus areas: debt, saving, retirement, budgeting, credit, investing, identity theft, fraud, and estate planning. Participants report improved knowledge, attitudes, and learned strategies and tools for each content area.
- **Pathways to Better Health Through a Workforce Community Engagement:** A Joslin Diabetes Center (2012) subcontract to deliver the On the Road to Living Well with Diabetes Program via community health workers. Participants (1,500) reported improved blood pressure and blood glucose levels.
- **Southwest Regional Training Center (SWRTC):** Collaborates with State of New Mexico funding partners on several initiatives and federal grants. SWRTC provides training, program implementation support and technical assistance to the State of New Mexico and Community Behavioral Health Provider agencies. Continuing education is available to social workers, attorneys, law enforcement, educators, and other community members.

Faculty and Staff Expertise

Campus-based Specialists

- **Nancy Flores**, Food Technology
- **Sonja Koukel**, Community and Environmental Health
- **Bryce Jorgensen**, Personal and Family Finance
- **Karim Martinez**, Family Life and Child Development
- **Karen Plawecki**, Food and Nutrition

Grant-Funded Faculty & Staff

- **Diabetes and Nutrition /Self-Management Programs:** Lucinda Banegas-Carreón, Gabe Calderon, Lourdes Olivas, Cassandra Vanderpool
- **Southwest Regional Training Center:** Brooke Stanley Tou, Lorretta Diaz, Mary Ortaleza, Julia Maciel, Bob Brazell, Elizabeth Bennett, Sandra Gallegos, Priscila Solis
- **ICAN:** Donna Sauter, MS, RDN, LD, Director

Partner Program Staff

- **Anna, Age Eight Institute:** Katherine Ortega Courtney, PhD, co-director; Dominic Cappello, co-director; Gregory Sherro, IT director

Support Staff

- **Jennifer Quintana**, Administrative Assistant
- **Tanner Dossey**, Administrative Assistant

For more information, contact:

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Social Media

Youtube: [EFCS NMSU](https://www.youtube.com/efcsnmsu)

Facebook: [facebook.com/NMSU.EFCS](https://www.facebook.com/NMSU.EFCS)

Instagram: [instagram.com/nmsu_efcs](https://www.instagram.com/nmsu_efcs)

Pinterest: [pinterest.com/NMSU_EFCS](https://www.pinterest.com/NMSU_EFCS)

Twitter: twitter.com/NMSU_EFCS

Website: efcs.nmsu.edu